



Monday

Tuesday

Wednesday

Thursday

Friday

October

HORIZON EDUCATION CENTERS
Oct-26

5 Breaded Chicken Patty WG Burger Bun Peas and Carrots Fresh Apple Wedges Whole/1% Milk	6 Parsley Lemon Chicken WG Breadstick Green Beans Mandarin Orange Segments Whole/1% Milk	7 Beef and Pasta WG Elbow Macaroni Broccoli Diced Pears Whole/1% Milk	1 Greek Chicken Herb Rice Green Beans and Tomatoes Diced Pears Whole/1% Milk	2 Sloppy Joe Meat WG Bun Broccoli Fresh Banana (1/2) Whole/1% Milk
12 Closed for PD Day	13 Meatballs and Sauce Shredded Mozzarella WG Hot Dog Bun Potato Wedges Sliced Peaches Whole/1% Milk	14 Macaroni and Cheese Green Beans Fresh Melon Whole/1% Milk	15 Creamed Chicken (Chicken, Celery, Onion, Gravy) WG Biscuit Peas and Carrots Mandarin Orange Segments Whole/1% Milk	16 Sliced Teriyaki Chicken (Chicken Thigh Meat) Asian Noodles Broccoli Fresh Banana (1/2) Whole/1% Milk
19 Chicken Tenders Bowtie Noodles Broccoli Fresh Apple Wedges Whole/1% Milk	20 Beef Taco Meat (Seasoned Ground Beef) WG Flour Tortilla Fiesta Corn Pineapple Tidbits Whole/1% Milk	21 Chicken Paprikash (Diced Chicken, Paprika, Sour Cream) WG Rotini Noodles Peas and Carrots Fresh Melon Whole/1% Milk	22 Meatloaf and Gravy WG Roll Mashed Potatoes Sliced Peaches Whole/1% Milk	23 WG Cheese Calzone WG Crust Romaine Salad, Ranch Fresh Banana (1/2) Whole/1% Milk
26 Chicken Nuggets Cheese Rice Baby Carrots Fresh Apple Wedges Whole/1% Milk	27 Chicken Taco WG Flour Tortilla Fiesta Corn Pineapple Tidbits Whole/1% Milk	28 Swedish Meatballs WG Rotini Peas Fresh Melon Whole/1% Milk	29 Greek Chicken Herb Rice Green Beans and Tomatoes Diced Pears Whole/1% Milk	30 Sloppy Joe Meat WG Bun Broccoli Fresh Banana (1/2) Whole/1% Milk

	1 & 2 Years	3-5 Years	6-12 Years
Meat or Meat Alternate	1 oz.	1 1/2 oz.	2 oz.
Grains	1/2 oz. eq ²	1/2 oz. eq ²	1 oz. eq ²
Fruit	1/8c.	1/4c	1/4c
Vegetable	1/8c.	1/4c.	1/2c.
Fluid Milk	1/2c	3/4c	1c
The Following Major Food Allergens Are Used As Ingredients: Milk, Egg, Fish, Tree Nuts, Wheat, Soy, and Sesame. All Sites are Peanut and Shellfish Free.			